

Full Report (All Nutrients) 13971, Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, raw

Report Date:October 16, 2015 10:01 EDT

Nutrient values and weights are for edible portion.

Food Group : Beef Products**Common Name: URMIS #1584****Carbohydrate Factor: 3.87 Fat Factor: 9.02 Protein Factor:4.27 Nitrogen to Protein Conversion Factor:6.25****Refuse:1% Refuse Description: Bone and connective tissue**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.0 oz 85g	1 steak 173g
Proximates						
Water ¹	g	71.99	10	0.537	61.19	124.54
Energy	kcal	145	--	--	123	251
Energy	kJ	608	--	--	517	1052
Protein ¹	g	21.22	10	0.311	18.04	36.71
Total lipid (fat) ¹	g	6.06	10	0.395	5.15	10.48
Ash ¹	g	0.98	10	0.026	0.83	1.70
Carbohydrate, by difference	g	0.00	--	--	0.00	0.00
Fiber, total dietary	g	0.0	--	--	0.0	0.0
Sugars, total	g	0.00	--	--	0.00	0.00
Minerals						
Calcium, Ca ¹	mg	24	--	--	20	42
Iron, Fe ¹	mg	1.54	--	--	1.31	2.66
Magnesium, Mg ¹	mg	22	--	--	19	38
Phosphorus, P ¹	mg	197	--	--	167	341
Potassium, K ¹	mg	326	--	--	277	564
Sodium, Na ¹	mg	54	--	--	46	93
Zinc, Zn ¹	mg	3.60	--	--	3.06	6.23
Copper, Cu ¹	mg	0.074	--	--	0.063	0.128
Manganese, Mn ¹	mg	0.010	--	--	0.008	0.017

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.0 oz 85g	1 steak 173g
Selenium, Se ¹	µg	24.5	--	--	20.8	42.4
Vitamins						
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0
Thiamin ¹	mg	0.076	--	--	0.065	0.131
Riboflavin ¹	mg	0.115	--	--	0.098	0.199
Niacin ¹	mg	5.671	--	--	4.820	9.811
Pantothenic acid ¹	mg	0.601	--	--	0.511	1.040
Vitamin B-6 ¹	mg	0.586	--	--	0.498	1.014
Folate, total ¹	µg	11	--	--	9	19
Folic acid	µg	0	--	--	0	0
Folate, food	µg	11	--	--	9	19
Folate, DFE	µg	11	--	--	9	19
Choline, total	mg	88.6	--	--	75.3	153.3
Betaine	mg	13.0	--	--	11.0	22.5
Vitamin B-12 ¹	µg	1.01	--	--	0.86	1.75
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	0	--	--	0	0
Retinol	µg	0	--	--	0	0
Carotene, beta	µg	0	--	--	0	0
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	0	--	--	0	0
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0
Vitamin E (alpha-tocopherol) ¹	mg	0.30	--	--	0.26	0.52
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Tocopherol, beta	mg	0.00	--	--	0.00	0.00
Tocopherol, gamma	mg	0.00	--	--	0.00	0.00
Tocopherol, delta	mg	0.00	--	--	0.00	0.00
Vitamin K (phylloquinone) ¹	µg	1.2	--	--	1.0	2.1
Lipids						
Fatty acids, total saturated	g	2.514	--	--	2.137	4.349
4:0 ¹	g	0.000	--	--	0.000	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.0 oz 85g	1 steak 173g
6:0 ¹	g	0.000	--	--	0.000	0.000
8:0 ¹	g	0.000	--	--	0.000	0.000
10:0 ¹	g	0.011	--	--	0.009	0.019
12:0 ¹	g	0.011	--	--	0.009	0.019
14:0 ¹	g	0.182	--	--	0.155	0.315
16:0 ¹	g	1.585	--	--	1.347	2.742
18:0 ¹	g	0.724	--	--	0.615	1.253
Fatty acids, total monounsaturated	g	2.469	--	--	2.099	4.271
16:1 undifferentiated ¹	g	0.251	--	--	0.213	0.434
18:1 undifferentiated ¹	g	2.212	--	--	1.880	3.827
20:1 ¹	g	0.006	--	--	0.005	0.010
22:1 undifferentiated ¹	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.234	--	--	0.199	0.405
18:2 undifferentiated ¹	g	0.143	--	--	0.122	0.247
18:3 undifferentiated ¹	g	0.068	--	--	0.058	0.118
18:4 ¹	g	0.000	--	--	0.000	0.000
20:4 undifferentiated ¹	g	0.023	--	--	0.020	0.040
20:5 n-3 (EPA) ¹	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA) ¹	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA) ¹	g	0.000	--	--	0.000	0.000
Cholesterol	mg	62	--	--	53	107
Amino Acids						
Tryptophan ^{1 2}	g	0.139	--	--	0.118	0.240
Threonine ^{1 2}	g	0.848	--	--	0.721	1.467
Isoleucine ^{1 2}	g	0.965	--	--	0.820	1.669
Leucine ^{1 2}	g	1.688	--	--	1.435	2.920
Lysine ^{1 2}	g	1.793	--	--	1.524	3.102
Methionine ^{1 2}	g	0.553	--	--	0.470	0.957
Cystine ^{1 2}	g	0.274	--	--	0.233	0.474
Phenylalanine ^{1 2}	g	0.838	--	--	0.712	1.450
Tyrosine ^{1 2}	g	0.676	--	--	0.575	1.169
Valine ^{1 2}	g	1.053	--	--	0.895	1.822

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.0 oz 85g	1 steak 173g
Arginine ^{1 2}	g	1.372	--	--	1.166	2.374
Histidine ^{1 2}	g	0.677	--	--	0.575	1.171
Alanine ^{1 2}	g	1.290	--	--	1.096	2.232
Aspartic acid ^{1 2}	g	1.933	--	--	1.643	3.344
Glutamic acid ^{1 2}	g	3.186	--	--	2.708	5.512
Glycine ^{1 2}	g	1.292	--	--	1.098	2.235
Proline ^{1 2}	g	1.012	--	--	0.860	1.751
Serine ^{1 2}	g	0.836	--	--	0.711	1.446
Hydroxyproline	g	0.223	--	--	0.190	0.386
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0

Sources of Data

¹National Cattlemen's Beef Association (NCBA) Nutrient Content of Retail Beef Cuts with 1/8 inch Trim Beef, 2000 Chicago IL

²National Cattlemen's Beef Association (NCBA) Nutrient Content of Ground Beef, 2000